

FNUNIKUA

Let's get you
UNI READY

JANUARY 2020

VICE CHANCELLOR *WELCOMES* NEW STUDENTS



On behalf of the “FNU family” – our academic and professional services staff, students and alumni – it is my great pleasure to welcome you as our newest members to join our ranks. You have worked hard at school to reach this point in your lives. I am sure you feel excited to be embarking on a new adventure. You may also be feeling a bit nervous. For many of you, you are leaving your families and living away from home for the first time. For almost all of you, you are leaving the highly structured, fully-timetabled world of secondary school to come to university, where you are required to work independently, acquire new knowledge and skills and challenge what you think you know about the world. University is your opportunity to grow intellectually and personally and become who you want to be in life.



The good news is that the FNU family is here to support you on your journey. Our academic staff are here to teach, mentor and guide you in your studies. Our student services team are here to give you counselling and advice and help you access any help you need. Our other professional services divisions in areas like the library, finance, catering and accommodation are here to ensure that you have the resources and facilities to succeed in your studies. The

Fiji National University Students’ Association (FNUSA) is here to support you with a raft of cultural and social events, to make your time at FNU as enjoyable and enriching as possible. Your fellow students and alumni are here to help you settle in and get the most out of university life.

You are entering university at an interesting time. The latest UNESCO data (2018) show that 38% of the eligible age cohort globally goes to university. In other words, two out of five 18-year-olds on the planet now enter tertiary education. In 1980, when I was first going to university, the figure was 12% or one in eight. There are two reason for the huge increase in tertiary enrolments. The first is that, over the last 40 years, the world has undergone a period of rapid economic development, with rising living standards fuelling the demand for university places. The second is that this same economic development has been associated with technological advances, that have transformed the way societies and economies work.

40 year ago, many developing countries around the world were poor and agrarian, with subsistence farmers struggling to feed their families. In the developed world, most people worked in factories and offices doing routine, labour-intensive tasks. Today we live in a digitally connected 24/7 world, where robots manufacture goods and computers manage everything from online banking to fast food delivery. For today’s young people to find and keep decent work in the new world of “Industry 4.0”, they need to be highly educated and able to master the new technologies as they develop. There is increasingly less and less demand for the unskilled and semi-skilled jobs that used to constitute the bulk of employment opportunities.

These trends are impacting every aspect of our lives. Every job – from plumbers and electricians to doctors and lawyers – is being reshaped by technology, as more and more

elements of them can be done by an app on your smart phone or a computer powered by artificial intelligence. Employers are increasingly demanding highly educated labour, with the formal qualifications to evidence their prior learning and knowledge and the ability to continuing learning as the world changes.

You are also entering university as a unique time in world history, when the number of young people globally is falling quickly in most parts of the world, but the number of old people is exploding as the population ages. To balance the effects of a falling birth rate and rising life expectancy, today’s 18-year-olds will need to work much longer than their parents or grandparents. Already the official retirement age in the UK has reached 68 years, but many people work beyond this age. It is likely that today’s 18-year-olds may need to work for at least 50 years.

Given the unbelievable changes that technology has wrought in the way we live and work in the last 50 years, how different will the world of 2070 be? Many of the technologies we take for granted today, like Facetiming someone on the other side of the world from a smartphone or constructing artificial hips with a 3D printer, were unimaginable in the 1970s. The only way to prepare yourselves is to gain a good university education that lays down a solid foundation of technical and transferrable skills – and be willing to return to formal education in the years ahead to upskill and reskill as the world changes around you.

To paraphrase the well-known Vodafone slogan: “The future is exciting. Come to university and get ready!”

Enjoy your time at FNU!

Professor Nigel Healey

FNUSA ENCOURAGES *NEW STUDENTS* TO ENGAGE IN DISCUSSIONS

The Fiji National University Students' Association (FNUSA) warmly welcomes all new and returning students for the 2020 academic year.

As the voice and representative of all students, the FNUSA and its executives look forward to strengthening its working relationship with the University management and at the same time ensure that the tertiary journey of its members is rich with knowledge transformation that develops future leaders, innovative and creative thinkers.

Aside from this, the FNUSA also strives to ensure that its members have study and recreational life balance by working with the University to provide students space to de-stress, make lifelong friends and have a memorable journey.

At FNU, we pride ourselves on working together with our members to serve their best interest as well as achieve their academic goals. Students are encouraged to become active members of the FNUSA, this is a quick way for new students to not only develop a unique network of friends but also to join groups or forums that appeal to your interest.

The FNUSA Branch Student Senate meetings are a time for Class reps and Students representatives from all associations on the respective Campus to come together to discussions various issues, generate dialogue, make resolutions, present feedback and ideas to ensure that the University provides a conducive environment to pursue their education goals.

Attending tertiary institutions not only provides students with an opportunity to gain a higher level of knowledge and training but also to experience adulthood, being independent and the ability to make

informed decisions. It also opens the door for members to experience life virtues, undertake volunteerism and community development opportunities which will further broaden your mind and understanding of becoming a responsible member of the community and future leaders of our nation.

Thus, FNUSA needs to help create these wonderful experiences for its members while at the same time, ensuring it safeguards the students best interest and welfare.

We encourage all students to engage in discussions with FNUSA to help us reach our collective objective.

The FNUSA has a lot of exciting activates planned for this year, including a scholarship specifically designed for FNU students. We want to invite you to follow our Facebook Page and visit FNUSA Website for the latest updates, news and activities.

FNUSA has a cordial working relationship with both the Office of the Vice-Chancellor and the Office of the Registrar. We also have established a working relationship with the FNU Alumni Association, sister Associations at other tertiary institutions, non-governmental organisations (NGOs), religious bodies and other organisations to create a holistic learning environment for the students.

Finally, someone once said, and I quote: "Every day is an opportunity to learn, and once one starts to enjoy that opportunity with passion, then excellence is achieved".

The FNUSA wishes all students a great year of learning, enjoying and excelling.

Ketan Lal
FNUSA President



SERGEANT becomes a *FULL-TIME NURSING* student at 39



Age is all but a number for determined Sergeant Inoke Leweni, who enroled to pursue his interest in the field of nursing as a fulltime student at the Fiji National University's (FNU) College of Medicine, Nursing and Health Sciences (CMNHS).

Sergeant Leweni has been working with the Royal Fiji Military Forces (RFMF) for the past 17 years and believes it is vital to continually upgrade your knowledge and skills.

Having completed his Certificate IV in Enrolled Nursing last year, he said "the resourceful lecturers at CMNHS is one of the reasons why I wanted to undertake the Bachelor of Nursing programme this year".

A father of four children, the humble military personnel,

is looking forward to starting his full-time studies after 21 years.

"I think there will be a lot of age difference between my classmates and me, however, I want to do this programme with all my heart and I do not think it will be tough for me to make new friends," he said.

According to Sergeant Leweni, time management and his mature mindset will be the key to completing his studies successfully.

Originally from Tailevu, he completed his high school studies from Nasinu Secondary School in 1999.

While he will be taking a break from work to focus on studies full time, his wife has been his pillar of strength. "My wife is also a nurse, and she encourages me throughout my journey."

Having to juggle between spending quality family time and focusing on studies, Sergeant Leweni has found a unique formula of getting around that.

"My kids are all studying as well, and I monitor their work by studying at the table with them. So we all sit around study together and support each other."

Sergeant Leweni said upon completing his studies, he would like to serve the military for a few more years before working as a nurse.

"If you are passionate about something and it comes from your heart then nothing is difficult in life and everything just falls into place," he said.

The experienced Sergeant also advised aspiring mature students to upgrade their qualifications and overcome their reservations about being the older ones in class.



Babavono aspires to be the FIRST LAWYER from her village

Jasiliva Babavono has a dream of making her family and village proud by becoming a lawyer.

The newly enrolled Bachelor of Commerce in Law and Management student said her parents encouraged her to set high academic standards and were always supportive of her academic journey.

“They want me to make them proud by becoming a lawyer, so that is what I decided to do,” she said.

Born and raised in a small rural community of Nasavu in the interior of Naitasiri, Babavono said growing up in a large family came with its challenges, but focus on education was always a priority for the former Naitasiri Secondary School student.

“We have villagers who are teachers, nurses and

accountants, but we do not have a law graduate as yet. I Therefore, I aim to be the first lawyer in my village. I know it’s a huge challenge but I’m ready for it,” she said excitedly.

Babavono was accompanied by her father Petaia Vukinatikina to Nasinu Campus. Vukinatikina described his daughter as honest and one who has a strong sense of responsibility.

“With the qualities she has, it seemed natural for us to inspire her to become a lawyer,” said Vukinatikina, a senior pastor for his village.

“We come from a struggling background, but I have never failed to meet the educational needs of my children. My daughter is proof of just how far hard work and the right attitude can get you.”

“We eagerly look forward to that day when she will finish her studies and get admitted to the bar. I am confident she will do her best. I would also

like to express my gratitude to the Fiji National University for providing my daughter with an opportunity to study law,” Vukinatikina further commented.

The youngest of the seven siblings, Babavono aims to use her education to assist people.

“I cannot stand to see people being mistreated, neither do I like others taking advantage of someone else,” the 20-year-old Babavono expressed.

Babavono will pursue her studies under the Tertiary Education Loan Scheme (TELS).

“I understand it will be a challenging journey, nevertheless, I strongly believe in consistency and remaining firm towards my goal,” she mentioned.

“You can do anything you put your mind to if you work hard. I am fortunate and blessed to have my family by my side in the journey to become a lawyer,” said Babavono.



For nineteen-year-old, Rinesh Ritesh Prasad, his love for sports, being outdoors and the opportunity to teach were the main factors that encouraged him to pursue studies in Bachelor of Education (Secondary) in Physical Education and Art & Craft (PEAC) at Fiji National University (FNU).

Prasad was all smiles after successfully completing his enrolment at FNU’s College of Humanities and Education (CHE) Natabua Campus in Lautoka.

The former Drasa Secondary school student believes that physical education classes can help to promote healthy lifestyles among students since childhood obesity has become a significant problem over the years.

Sports enthusiast eyes Physical Education Teacher role

Prasad after his enrolment, said he’s now a step closer to inspiring students to learn the importance of physical activity and make a positive impact in the lives of students by teaching the value of staying active.

“PEAC teachers play an important role in the overall development of students, since now more than ever, good health, nutrition and exercise are important for our children,” said Prasad.

An energetic Prasad adds that his passion for health and fitness has led him to enrol in the programme.

“I am so excited to follow the footsteps of my PEAC teacher, who was a graduate of FNU. He inspired me to enrol in this programme. I adored his teaching style, as he could draw all the students in my class to be part of the games and activities he did. I want this kind of ability, and I know I will inherit this while studying at FNU,” he said.

“Sports for me is not just kicking of balls and running in the grounds per meter, but is the art that every individual must possess to be a sports personality; thus I chose FNU to become a professional sports teacher,” said Prasad.

The Lautoka native said PEAC teachers has the

potential to assist students in discovering how to use their other sort of intelligence.

“Where the rest of a student’s day is full of study and lesson learning, we PEAC teachers can create more strategic and less active sports such as darts.”

“I also think that PEAC teachers are limited and many students should take this programme as there is a demand in this subject area,” he said.

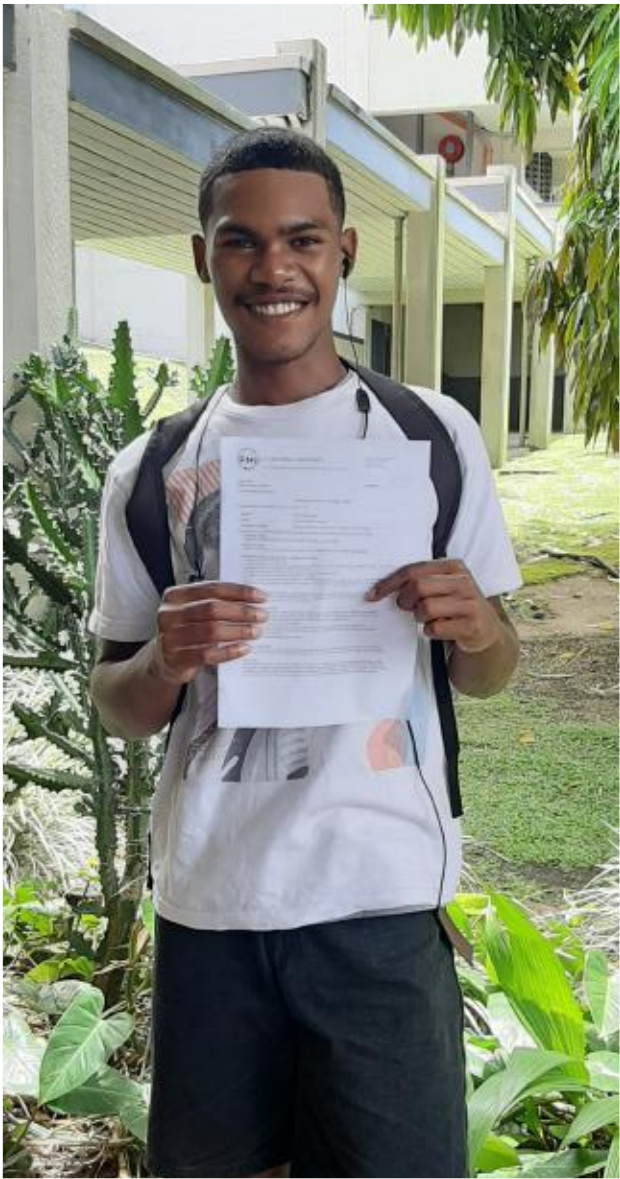
According to Prasad, all his queries and doubts relating to the programme was clarified when he came for the 2019 FNU Open day at Natabua Campus, Lautoka.

“The information given to me was beneficial as it cleared my doubt about the programme and enabled me to speak with the lecturer,” he said.

Prasad is looking forward to beginning his tertiary education at FNU.

“Learning at FNU will provide me with a critical mind of being a PEAC teacher. I’m looking forward to a productive and agreeable 3-year journey at FNU,” he said.

Prasad is excited to meet and make friends who share similar interest as him in health, wellness and craft.



Tauyavu proud to join FNU's BEd programme

Viliame Gauna Tauyavu's admiration of teachers being key influencers in the lives of students prompted him to enrol in the Bachelor of Education (Secondary), majoring in English and iTaukei at Fiji National University's (FNU) College of Humanities and Education (CHE).

Expressing his appreciation, Tauyavu said having the opportunity to groom future leaders was his true calling. The Navua lad said he wanted to follow the footsteps of his teachers who moulded him with proper etiquette and discipline.

"By becoming a teacher, I want to leave a similar impression on the students that I will teach, which I got from my teachers," said Tauyavu.

"I believe this is the beauty of this profession, where the impression you make on the individual in the classroom continues onto the next generation."

The 20-year-old said he was aware of the myriad of competing demands of this profession, but he believes for every hurdle, there is an equal or greater reward and this for him meant being part of a career that is full of meaning.

"In this career, each day, teachers get to work with inquisitive young minds, eager to learn and share their ideas as well. This is where I feel the teachers get the opportunity to make a lasting difference in young students lives."

According to Tauyavu, English and iTaukei were the best combinations to achieve his mission of guiding the learning of young people as they advance and

reach their potential.

"While English is considered as the preferred language of communication in the world today, iTaukei is equally important being the native language of our beloved country. I will get to teach the most spoken language and at the same time, educate our children about their language."

"Therefore, I feel privileged to have been given a chance to be part of this noble profession."

Tauyavu completed his enrolment process at FNU Nasinu Campus; however, he will be studying at FNU Natabua Campus.

"It was very convenient for me to complete all the enrolment process here as I did not have to travel down to the West."

"I will be staying with my family in Lautoka, and I am very excited about this phase of my life. There are many things that I am looking forward to."

"Making new friends is one of the best parts about being in a new environment. I am eagerly waiting to attend classes and make an effort to befriend my classmates. I feel this will give me an opportunity to have better study groups and also have moral support for the duration of my studies."

Tauyavu said he was aware of the consequences of not prioritising his studies and that he aimed at balancing his social life and education.

"I want to set my priorities correct right from the beginning so I do not get carried away with other stuff, which would tarnish my dream of attaining this qualification," he added.



Deepika Kumar (right) with Manshika Reddy.

Our FRIENDSHIP will get us through

Manshika Reddy and Deepika Kumar, who have enroled in the Bachelor of Physiotherapy programme at Fiji National University's (FNU) College of Medicine, Nursing and Health Sciences (CMNHS), believe their 5-year friendship will help them succeed in their new academic journey.

The two first met as Year 9 students while attending Penang Sangam School in the outskirts of Rakiraki and since then have become 'besties'.

"We are so excited to be studying together, and this will help us in adjusting to the new life," Reddy said.

"University environment is always different from high school, and having a friend by your side throughout this journey will be quite interesting."

A delighted Kumar added she was over the moon when she was first notified about her placement at CMNHS.

"So far, I have met several pleasant and helpful staff at this College, who are kind and ready to assist us with our enquiries," she added.

According to Kumar, leaving home for the first time will be challenging; however, she counts on her friend for comfort.

"We will also try to mingle and make new friends along the way, especially since the College has a multicultural environment."

Her mother, Reena Devi, said she could not believe her daughter was going to start a new phase of life.

"Deepika (Kumar), is my eldest daughter and our entire community is proud that she has been accepted to study here (CMNHS)," she said.

CMNHS is one of the oldest medical education institutions in the Pacific with its history dating back to 1885.

Practical learning environment key to building better graduates – Bhurra

First-year student Dilaisana Bhurra has a firm belief that students who study in an environment that prioritises practical exposure are at an advantage of developing better skills and have a seamless transition into the workforce.

Bhurra, along with her school mate from Ratu Sukuna Memorial School, Nina Tuwere said they opted to enrol at the Fiji National University (FNU) given its reputation of ensuring graduates are ‘day-one’ work-ready.

The duo admitted FNU’s compulsory industrial attachment component was a ‘strong pull’ as well.

“We are starting our tertiary education studies with the mindset that we have to complete our studies and become successful in the careers that we have chosen and to turn this dream into reality, we decided to join FNU,” said Bhurra.

“This decision was made after a team from FNU visited our school last year and presented about the University and the programmes on offer. They also told us stories of their successful alumni – who secured full-time employment while on attachments even before their graduations. This is what caught our attention,” she added.

Bhurra enrolled in the Bachelor of Commerce in Industrial Relations & Human Resource Management and Marketing programme, while Tuwere will pursue a Bachelor of Commerce in Industrial Relations & Human Resource Management and Information

Systems, offered by FNU’s College of Business, Hospitality and Tourism Studies (CBHTS).

Originally from Cakaudrove in Vanua Levu, Tuwere said she opted for a career in the field of human resources management because of the growing demand of specialists in this profession and that both her elder siblings were teachers, which prompted her to pursue a career different from them.

“Becoming a teacher was on my list, however, I wanted to challenge myself to try a completely new career path that none of my family members has pursued. Hence, the decision to enrol in this programme.”

The 18-year-old is confident that she will excel in this profession because she possesses the necessary qualities required by this career.

“Human resources management requires working with people and making sure they have everything they need to perform at their best. Since I am a very sociable person and love to meet new people and interact with them, it will be easier for me to find a foot once I join the workforce.”

As for 19-year-old Bhurra, she aims to make her parents proud by successfully graduating with a tertiary qualification.

Originally from Bua in Vanua Levu, the soft-spoken lass highlighted that she wants to give her parents a good life and for that she will work hard in school to achieve good grades.

“I am the eldest in my family and my

younger sister is in primary school. I want to keep my focus on my studies always and achieve results that my parents will be proud of,” said Bhurra.

“I understand the responsibilities of being the eldest in the family. If I am successful, then I will be able to assist my younger sister to achieve her dreams as well.”

Bhurra said the reason for choosing this double major combination was her observation of opportunities available in the job market.

“I have come across lot vacancies in the field of human resources and marketing,” she said.

“I did my research before enrolling in this programme and I learnt that human resource management focuses on improving the productivity of an organisation and HR specialists achieve this through approaches that increase the efficiency of employees,” she said.

“Marketing, on the other hand, is like the tool used to keep businesses alive in this competitive world. I feel it is a pretty amazing combination and I’m looking forward to attending the classes,” Bhurra said.

The duo said apart from the teaching and learning, they were also looking forward to other activities organised by the University.

“We always see on social media how the University organises sports and other fun activities for the students. Since we are good at Volleyball, we will keep a lookout to compete in such activities,” Bhurra added.



Dilaisana Bhurra (left) with Nina Tuwere.

Prasad WORKS HARD to earn a spot in the MBBS programme



Asishna Prasad with her parents.

The dream to become a doctor runs deep in the veins of young Asishna Prasad, and she is determined to overcome any obstacle to attain her goal.

After completing her Year 13 examination in 2018, Prasad undertook a Foundation Science programme last year to qualify for the Bachelor of Medicine & Bachelor of Surgery (MBBS) programme at Fiji National University’s (FNU) College of Medicine, Nursing and Health Sciences (CMNHS).

Prasad confessed that she burned the midnight oil each day to score a Grade Point Average of 4.5, adding she was elated to receive her offer letter to pursue the MBBS programme at CMNHS this year.

“I studied so hard the entire year, just so that I could make it into the MBBS programme at this College. Becoming a doctor has been my dream, and I am so happy

that I am here now,” she said.

“I used to study late each night and then wake up at 4 am to continue where I had left off so that I could stay abreast with my school work. I used to get merely four hours of sleep in a day.”

According to Prasad, the only thought she had on her mind was to do well in her foundation studies so that she could undertake the MBBS programme.

The soft-spoken lass from Natabua, Lautoka said that being the youngest of the three siblings, she was motivated by her eldest sister.

“My sister is a doctor, and she has always shared her experiences with me which has been the pillar of encouragement for me.”

While studies have always been her priority, she balances her life with swimming as one of her hobbies.

The former Natabua High School student added that her family have been very supportive throughout her journey.

Parents, Prakash Prasad and Maya Wati were lost for words when their daughter received her offer letter.

“Putting your kids through studies is quite challenging and we have always spent quality time with Asishna (Prasad), so she could become successful in life.”

“We have always provided her with any parental support she needed, and we monitored her progress in studies to ensure she can reach her goals,” the jubilant parents stated.

They said, seeing their daughter get accepted into a prestigious medical institution was a proud moment for them.

Following the footsteps of her eldest sister, Prasad believes CMNHS has the facilities and experienced lecturers, who will provide her with all the necessary resources to make her dream a reality.



Pause, Work, Study – Prasad's Mantra

Rajini Prasad always wanted to become a teacher; however, she was unable to pursue her career goal due to financial constraints. Prasad had to pause her educational dreams and instead seek employment to assist her family get through their financial challenges.

However, the idea of attending University never diminished and a decade of patience is now finally over as she successfully enrolled in the Bachelor of Commerce in Industrial Relations and Human Resource Management.

"I finished my secondary school studies in 2007. I gave up on my ambition to study further and got employed as a Pharmacy Assistant. As years went by, my passion for teaching also faded but I had always wanted to obtain a tertiary qualification," said Prasad.

"I am elated that I have been selected to take this programme at FNU. I cannot put my emotions into words right now. This is something I have long anticipated," she said.

The Pharmacist Officer turned student said Industrial Relations and Human Resources is an ideal choice for her, as she believes the skills attained following the completion of this programme, will allow her to secure employment in any sector.

"I have now realised that careers are

always changing and never fully planned. I did not want to limit myself to one field. I think this is the way forward for me," Prasad added.

Already excited to enter into a lecture room once again, Prasad is counting days to the commencement of classes.

"I understand the academic journey will not be easy. I will have to make a lot of sacrifices and work hard but I am ready for this," she said.

"Like any other child, I also want to make my parents proud. Now that I have been given a chance, I will work towards it diligently," Prasad said.

The aspiring HR personnel acknowledged the support of her parents, siblings and her husband, admitting they have been a pillar of strength.

"Had it not been for them, I wouldn't have this same enthusiasm. They have guided, supported and motivated me at every stage of my life," she said.

Keen to be a role model to other students who are faced with a similar situation, Prasad says to never back-off from their dreams.

"Do not shy away from commencing your tertiary studies at a later age. Everyone has their path, and you have yours. Strive towards it and one day you will achieve all that you desire," she said.

Takelonitabua *excited to pursue* tertiary studies

Learning never stops. It is with this message, 33-year-old Tuilaleka Nalumata Takelonitabua enrolled into the Certificate III in Automotive Engineering at Fiji National University (FNU).

An excited Takelonitabua said the decision to join FNU was not easy as he had to budget his finances. The Lautoka man joined FNU's College of Engineering Science & Technology (CEST) Ba Campus.

The new student said he chose to study at FNU as it was close to his home and given the institutions good reputation in technical and vocational studies.

"I chose FNU because I know I will get a quality education," he said.

The former Natabua student said that he decided to study automotive engineering after seeking advice from an uncle, who is an academic.

"I made up my mind to study, and after making enquiries, I got a positive response from FNU," he said.

"The enrolment drive team at based at Tappoocity, Lautoka was able to provide me with the necessary information regarding the programme," he said.

After going through the FNU prospectus, Takelonitabua said he liked the practical approach of the courses and is confident the lectures will be fun,

educational and interactive.

"I am confident that the lecturers will work closely with me and assist me in my weak areas and I will get more support and encouragement in the areas that matter," he said.

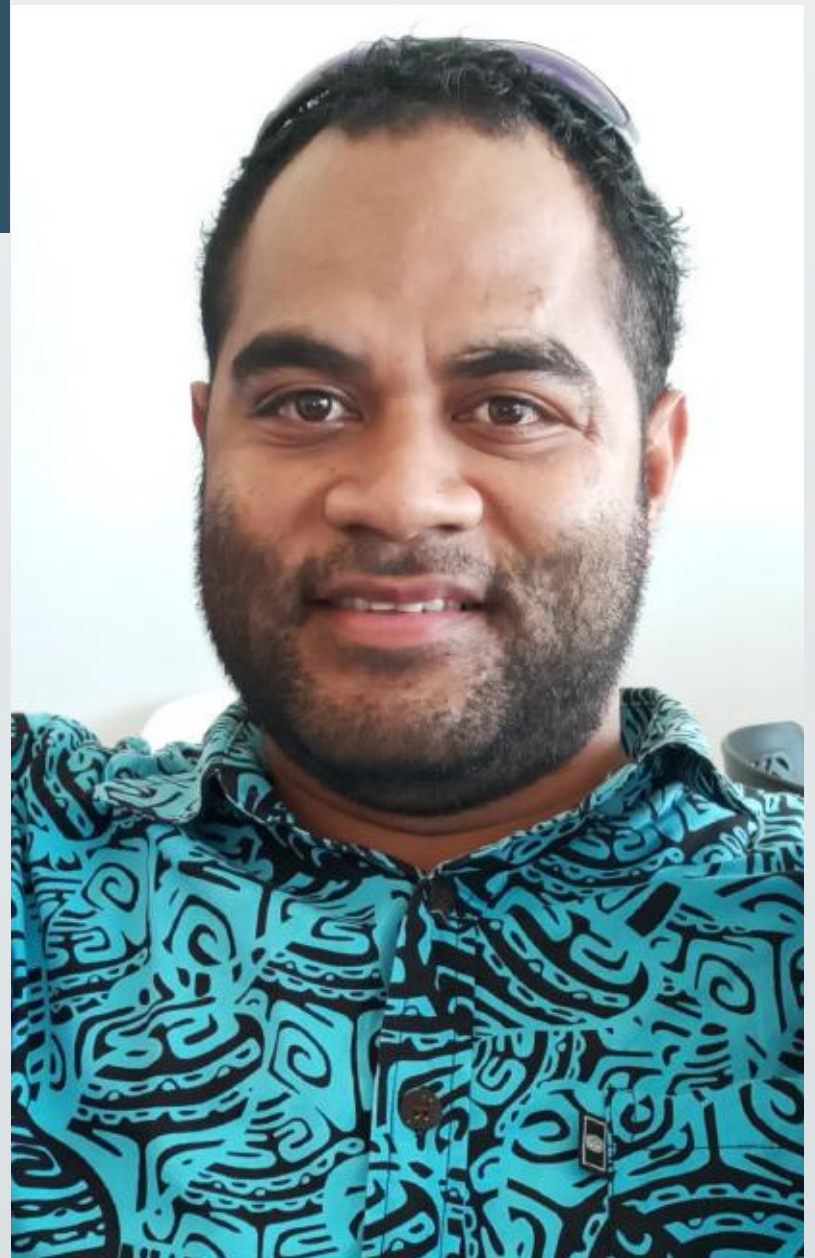
Currently a taxi driver, Takelonitabua is mechanically inclined and has always been hands-on and curious about how engines work.

"After completion of the programme, I will be able to detect and repair my taxi without having to pay anyone else to get the job done," he said.

As an outdoor person, Takelonitabua is looking forward to becoming a mechanic, as he will not be confined to an office all day.

"The great advantage of becoming a mechanic is that I will be out and about meeting and interacting with new people all the time, and if you're a friendly person and offer your clients excellent customer service, you can also generate a significant amount of income through these positive interactions," he said.

There is no looking back for Takelonitabua as he intends to pursue a Diploma in Automotive Engineering after completing the certificate programme. With the knowledge and experience gained, he hopes to open a garage in the near future.



Survive and Thrive in Your Freshman Year

10 Tips for your First Year at FNU

Congrats and welcome to the Fiji National University! With your enrolment process out of the way now, it is time for the good stuff – prepare yourself for all aspects of the journey ahead, from new friends to challenging assignments to significant life decisions. The decisions that you make and the actions you take during this first year of university will have a significant impact on the rest of your university experience. Here are a few tips to make your journey a little easier.

01

FIND THE IDEAL PLACE FOR YOU TO STUDY.



It may be your dorm room or a cozy corner of the library, but find a place that works best for you to get your work done – while avoiding as many distractions as possible.

02

GO TO CLASS.



Obvious, right? Maybe, but sleeping in and skipping that 8 am class will be tempting at times. Avoid this temptation! Besides learning the material by attending classes, you’ll also receive vital information from the professors about what to expect on tests, changes in due dates, etc.

03

SEEK A BALANCE



University life is a mixture of social and academic happenings. Don’t tip the balance too far in either direction. Study hard so that you can play hard.

04

GET INVOLVED ON CAMPUS



A big problem for a lot of new students is a combination of homesickness and a feeling of not quite belonging. A solution? Consider joining a select group (and be careful not to go overboard) – student organisations, clubs, sororities or fraternities, or sports teams. You’ll make new friends, learn new skills, and feel more connected to your school.

05

MAKE TIME FOR YOU



Be sure you set aside some time for activities that help you relax and take the stress out of your day or week. Whether it’s yoga, watching your favourite television shows, jogging, or writing in a journal, be good to yourself. And give your brain a break.

06

MAKE CONNECTIONS WITH STUDENTS IN YOUR CLASSES



One of the best technique in the first week of classes is to meet at least one new person in each of your classes. It will expand your network of friends – and will be a crucial resource at times when you have to miss a class.

07

STAY HEALTHY/EAT RIGHT



A lot of problems first-year students face can be traced back to an illness that kept them away from classes for an extended period of time that led to a downward spiralling effect. Get enough sleep, take your vitamins, and eat right. If you haven’t heard the jokes about University food, you soon will. And without mom or dad there to serve you a balanced meal, you may be tempted to go for those extra fries or cookies. Stay healthy and avoid the dreaded extra “Freshman 15” pounds by sticking to a balanced diet.

08

KEEP TRACK OF YOUR MONEY



If you’ve never had to create a budget, now is the time to do so. Find ways to stretch your money – and as best you can avoid all those credit card solicitations you’ll soon be receiving. The average credit card debt of college grads is staggering.

09

BE PREPARED TO FEEL OVERWHELMED



There’s a lot going in your life right now. Expect to have moments where it seems a bit too much. As one student says, be prepared to feel completely unprepared. The trick is knowing that you’re not the only one feeling that way.

10

STRIVE FOR GOOD GRADES



Another obvious one here, right? While good grades could have come naturally to you in high school, you will have to earn them in University and that means setting some goals for yourself and then making sure you work as hard as you can to achieve them.

Adopted from: <https://www.livecareer.com/resources/jobs/search/first-year-success>

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FNUNIKUA wants to hear from you

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